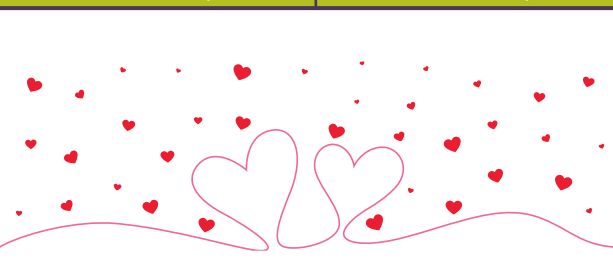






CHEF PREPARED NUTRITION PLAN

Monday	Tuesday	Wednesday	Thursday	Friday
				
		1	2	3
		a.m. Pumpkin Spiced Oatmeal Bow Tie Lasagna Bake Garlic Bread *Broccoli Mandarin Oranges p.m. *Fresh Melon & Crackers	a.m. B English Muffins & Sun Butter Chicken Chili W/ Brown Rice Carrots *Apple Slices p.m. *Apples & Cheese Slices	a.m. Warm Cinnamon *Apples & Graham Crackers *Broccoli Cheese Soup Toasted Pita Bread Peas Bananas English Muffins W/ Sun p.m. butter & Bananas Slices
6	7	8	9	10
a.m. Whole Grain Waffles & Jam Chicken, Spinach and Cheese Enchiladas Refried Pinto Beans Asparagus Apple Sauce p.m. Pita Bread & Hummus	a.m. Biscuits & Fruit Jam Turkey & Cheese Toasted Sandwiches On Wheat Bread Cauliflower *Fresh Watermelon p.m. Friut and Grain Bars	a.m. Yogurt W/ Blueberries Fiesta Chicken Casserole *Tomato & Cheese Salad w/ Low Fat Italian Mixed Fruit p.m. Sun butter & Jam Sandwich Squares	a.m. Cinnamon Toast & Milk Pinto Bean Chili W/ Corn Bread Zucchini & Squash Mandarin Oranges p.m. Carrots & Ranch Dip	a.m. Pancakes w/ Banana Slices Three Bean soup Toasted Pita Bread Peas & Carrots Peaches p.m. Cheese & *Tomato Quesadilla
13	14	15	16	17
a.m. Bagels & Cream Cheese Cod fish filet w/ Spanish Rice Snap Peas Pears p.m. Cheese Slices & Whole Wheat Crackers	a.m. Sausage Biscuit Beef and Fresh *Tomato Bake Pinto Beans Coleslaw Pineapple p.m. Bananas & Pretzel	a.m. Wheat Cheese Toast Chicken Noodle Soup Toasted Pita Bread Corn & *Fresh Tomato Mandarin Oranges p.m. *Apple Slices & Milk	a.m. Whole Grain Pancakes & Jam Turkey Tetrazzini Casserole Wheat Bread *Tomato & Cheese Salad w/ Low Fat Ranch Bananas p.m. English Muffins Pizza	a.m. Whole Grain Fig Bars Whole Wheat Fettuccine Alfredo Garlic Bread Mixed Vegetables *Apple Slices p.m. Sun Butter & Jam Sandwich Squares
20	21	22	23	24
a.m. Chex Cereal & Milk Cheesy Chicken and Spinach Casserole Flour Tortillas Green Beans Peaches p.m. Baked Cheese Crackers	a.m. Fruit Muffins Shepard's Pie Garlic Bread Corn p.m. Rice Cakes & Cucumber Slices	a.m. Pumpkin Spiced Oatmeal Beef Stroganoff Wheat Bread *Broccoli Mixed Fruit p.m. *Fresh Melon & Crackers	a.m. English Muffins & Sun Butter Baked Chicken w/ Stuffing Carrots Mandarin Oranges p.m. *Apples & Cheese Slices	a.m. Warm Cinnamon *Apples & Graham Crackers Tomato Soup Toasted Cheese Sandwich Peas *Fresh Melon p.m. English Muffins w/ Sun butter & Bananas Slices
27	28	<p>Friendship Parties are February 14th!</p> <p>We will celebrate with a special treat for students!</p>		
a.m. Whole Grain Waffles & Jam Whole Wheat Fettuccine Alfredo W/Grilled Chicken Garlic Bread Asparagus Pineapple p.m. Pita Bread & Hummus	a.m. Biscuits & Jam Turkey Flat Bread Pizza Cauliflower Pears p.m. Fruit & Grain Bars	   		



February
2023

Do you know anyone who is looking for the best early care & education for their children? We'll have tours & enrollment specials for them as well!



DOWNLOAD MENU
TO YOUR PHONE

- All varieties of dairy are low fat & made from reduced fat/2% milk.
- Our nutrition plan exclusively serves whole wheat and/or whole grain pasta, rice & bread items.
- All servings of vegetables are fresh/frozen daily.
- Children under two are served soft fruit and veggies in place of fresh.
- All eggs are fully cooked before serving
- Vegetarian Alternative Offered
- * **Indicates local Farm Fresh Options**

